

# Apples Build A Healthy Body

Fill in the blank in each sentence below with the correct word from the box.

calories  
sodium  
pectin  
natural sugar

potassium  
vitamin A  
cholesterol

4 ounces water  
low acid  
carbohydrates

1. Apples have no **sodium**, or salt which helps keep blood pressure down.
2. A medium sized apple has only 80 **calories**.
3. The **pectin** and other fibers in an apple helps balance cholesterol.
4. Apples have **vitamin A** which helps maintain good vision, bone and tooth development.
5. Apples supply a good amount of **potassium** which helps control high blood pressure.
6. Apples are high in **complex carbohydrates** which keeps our heart healthy and may lower the risk of cancer and diabetes.
7. An apple quenches thirst because it contains **4 ounces water**.
8. An apple is a source of quick energy because of its **sugar** called fructose.
9. An apple has no **cholesterol** and is fat free which makes in a healthy snack.
10. People with sensitive digestive systems are able to drink apple juice because it has **low acid** content.